

# Rx Confusion? Just Ask!

(NAPSA)—With cold and flu season here, it's important to be fully informed about health and wellness information for your family. A trip to your local pharmacy can provide answers to your general health and wellness questions, making you feel less puzzled about health decisions. The pharmacists at Target Pharmacy can be an expert resource for answering everyday health questions. Here, they share five of the most common questions and answers:

**Q: Are \$4 generic prescriptions really just as good as name-brand medications?**

A: Absolutely. We'll let you in on a little secret. Generic drugs have the same active ingredients as name-brand drugs and are approved by the FDA. Target offers many generics for just \$4 for a 30-day supply and \$10 for a 90-day prescription.

**Q: What if I forget to take a dose of my prescription?**

A. Don't panic. Everyone forgets to take his or her medicine from time to time. How you should react depends on what medication you're taking. If you can't remember what your pharmacist advised, read the instructions. If you don't find the answer there, call your pharmacy. Depending on the medications, the pharmacist will remind you if it's safer to skip it altogether, take it as soon as you remember or double up on your next dose.

**Q: Capsule, tablet or liquid?**

A: If you're looking for fast relief, liquid is usually your best bet. But if the liquid version is not available or tends to upset your stomach, chewable tablets are the next quick-



**The best way to reduce confusion about prescriptions is to ask a qualified pharmacist.**

est option, and are easy to take when you're on the go. Capsules and caplets are next in line. The important part is taking the correct medication for your symptoms.

**Q: How big is an infant dose?**

A: It depends on the size of your infant. Your baby's weight and age are just as important as the medication your baby is taking. A pharmacist can help you figure out the right dose for your infant and give you guidelines on when and by how much it should increase.

**Q: How can you get the most out of your pharmacist?**

A: View your pharmacist as a partner—someone who is interested in working with you to make an informed decision about medications. Target pharmacists take pride in providing clinical information and answering questions, as they have a breadth of knowledge on this topic. Before leaving the pharmacy, review the prescription with your pharmacist, including the name of the medication, if you're taking the generic form, the dosage, length of treatment and all possible side effects.